



Free Nutrition Education Materials

Help Kids Get the Power

To Improve School Performance and
Learn Skills to Make Healthier Choices

Are you a 3rd, 4th, or 5th Grade teacher?

Are you a youth leader working with

9, 10, and 11 year old children at an elementary school?

The 5 a Day – Power Play! Teacher kit will help you teach your students the importance of eating 5 servings of fruits and vegetables every day for better health and better school performance

Each **FREE** Teacher Kit contains:

- 1 School Idea & Resource Mini-kit with 17 fun fruit and vegetable activities that can be incorporated into subjects across the curriculum
- Student Activity Sets (35 English, 10 Spanish) with 5 photo copied activities from the School Idea & Resource Mini-kit ready to use with your students
- 35 “Kids...Get Cookin’!” bilingual cookbooks with kid-friendly recipes
- Colorful brochures (35 English, 10 Spanish) with tips for parents and a family game
- 1 cassette tape with the 5 a Day Rap for students to learn and perform

*Curriculum Links demonstrate how activities fulfill
California State Content Standards*

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